

5 maalin jira**Wakhtiga la bilaabay**

Quudin											
Xafaayad qoyan											
Xafaayad xaar leh											

6 maalin jira**Wakhtiga la bilaabay**

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Xafaayad qoyan											
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7 maalin jira**Wakhtiga la bilaabay**

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10 maalin jira**Wakhtiga la bilaabay**

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Chart Your Baby's Breastfeedings and Diapers

Place a check in the box for each feeding and wet or soiled diaper. Shaded areas show the minimum for each feeding and diaper in 24 hours. If your baby is not meeting the minimums, call your health care provider.

Day of birth

Time started

Feeding (review with nurse)											
Wet diaper and soiled diaper (expect one each by 24 hours)											

1 day old

Time started

Feeding											
Wet diaper											
Soiled diaper											

2 days old

Time started

Feeding											
Wet diaper											
Soiled diaper											

3 days old

Time started

Feeding											
Wet diaper											
Soiled diaper											

4 days old

Time started

Feeding											
Wet diaper											
Soiled diaper											

5 days old**Time started**

Feeding											
Wet diaper											
Soiled diaper											

6 days old**Time started**

Feeding											
Wet diaper											
Soiled diaper											

7 days old**Time started**

Feeding											
Wet diaper											
Soiled diaper											

8 days old**Time started**

Feeding											
Wet diaper											
Soiled diaper											

9 days old**Time started**

Feeding											
Wet diaper											
Soiled diaper											

10 days old**Time started**

Feeding											
Wet diaper											
Soiled diaper											